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Cab driver Bassam Al-Rawi enters Halifax provincial court on Wednesday.
JEFF HARPER/METRO

Fentanyl problem reaches Halifax

OPIOID CRISIS

Police warn users of deadly drug in city



Zane Woodford
Metro | Halifax

Police are warning recreational drug users that the deadly opioid that has killed hundreds of people in British Columbia and elsewhere has made it to Halifax.

"The game has changed. Fentanyl is here in Halifax," Halifax Regional Police Staff Sgt. Darryl Gaudet said in an interview.

"You could've got sick and stuff in the past, but now you're playing Russian roulette where this could actually kill you."

The powerful painkiller is 50 to 100 times stronger than morphine, with an estimated lethal dose of just two milligrams.

Halifax police have seized

fentanyl, in pill and powder form, six times in 2017. The Nova Scotia Department of Justice says there were eight fatal fentanyl overdoses across the province last year compared to one in 2015 and three in 2014. There have yet to be any confirmed in 2017.

Drug dealers, police said, market fentanyl pills as a weaker opioid, oxycodone. Gaudet said they're made using high quality pill presses, and "look like you bought them from a pharmacy," but they're fake. They're stamped "CDN" on one side and "80" on the other.

He said many addicts know they're taking fentanyl, and some of them have their own naloxone kits, used to temporarily reverse the effects of a fentanyl overdose.

"They take a calculated risk, and that risk is dying," he said.

It's the recreational users police hope to reach.

"Be cautious of this," Gaudet said. "You don't know what you're ingesting."

Police in Halifax have yet to seize any cocaine cut with fentanyl,

“

You're playing Russian roulette where this could actually kill you.

Staff Sgt. Darryl Gaudet

though police in other jurisdictions have found it in cocaine and crack cocaine. Gaudet said in its powder form, fentanyl is indistinguishable from cocaine.

Some signs of a fentanyl overdose are severe sleepiness; slow heart-beat; trouble breathing; clammy skin; trouble walking or talking; and nausea or vomiting.

Gaudet said to call an ambulance right away if someone does overdose.

"Time is of the essence," he said. "Don't hesitate thinking, 'I don't want people to find out that I'm using this.' Don't hesitate thinking, 'The cops are going to come after me now,' because it could be life or death."

NOT GUILTY

Taxi driver acquitted of sexual assault, because 'clearly a drunk can consent,' judge says **metroNEWS**

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Dexter's dope new role

MARIJUANA

Former premier will lead his firm's new cannabis file



Yvette d'Entremont
Metro | Halifax

Former Nova Scotia premier Darrell Dexter's latest role has him leading a national firm's new cannabis file.

The latest offering by Global Public Affairs, cannabisCONNECT, is intended to help Canadian companies navigate matters pertaining to the country's upcoming cannabis legislation.

"I know that people are very passionate about cannabis, but I look at it really from a purely kind of public affairs, public policy perspective," Dexter said in a phone interview from Calgary.

"How do we make good public policy choices on it? How do we provide advice to people in the industry in terms of how those choices are going to get made?"

Dexter has been the vice chair of Global Public Affairs for almost two years.

On Wednesday the company announced that Dexter was leading its new service sector, cannabisCONNECT.

"This is likely to be something in the order of a \$20 billion industry. There are a lot of different stakeholders here, there are people who



Former premier Darrell Dexter will lead his firm's efforts to help Canadian companies navigate cannabis legislation. JEFF HARPER/METRO



Even though we've heard a lot about it in the press for a long time, the discussion on this is really just beginning.

Darrell Dexter

are investing their money in it, there are consumers who are going to receive a product, there's a government that's

going to have to regulate it," Dexter said.

"It is a natural place for a public affairs government re-

lations firm to be."

Dexter expects the legislation to come down this spring, but said legalization isn't necessarily going to happen quickly.

"What you're going to see is the legislation come down, then you're going to see a long period of discussion and it's likely you're probably still a year away from seeing any legislation passed through the

House of Commons," he said.

In a press release, Global Public Affairs said cannabisCONNECT "will serve licensed producers and late-stage applicants, aspiring processors and manufacturers, investors, and service providers to the cannabis industry."

It will also service industries and stakeholders likely to be impacted by the new legislation.

TEACHERS

Selection process worries union

Nova Scotia Teachers Union President Liette Doucet is concerned about the selection process to determine which teachers will sit on the provincial Council to Improve Classroom Conditions.

In a media release Wednesday, the Nova Scotia Department of Education said it had received 779 applications from teachers interested in participating in the "cooperative initiative to improve the province's teaching and student learning environment."

The application deadline was Feb. 28. There are spots for nine teachers who'll be chosen from across Nova Scotia by school superintendents.

The initiative is part of Bill 75, which ended the teachers' work-to-rule job action late last month. The panel's co-chairs will include a representative from the province and one from the NSTU.

"We have serious concerns about the make-up of the Council. There is a strong possibility that the government will use it to co-opt and silence dissenting voices in an attempt to justify bad policies developed at the Department of Education and Early Childhood Development," Doucet said in a media release Wednesday.

"Given that the government refused to reduce class sizes, limit data entry or provide greater support for students with special needs at the bargaining table for 18 months, it is unlikely to do so now." YVETTE D'ENTREMONT/METRO

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REVENUE

Feds owe Nova Scotia millions for disasters

Nova Scotia is waiting for Ottawa to reimburse it for millions of damage caused by disasters dating back to 2010, according to the province's Emergency Management Office.

EMO executive director Andrew Latham told a legislature committee that federal disaster assistance remains outstanding for events including the severe floods in Meat Cove in August 2010 and Truro in December 2014.

Ottawa often conducts rigorous audits of claims before the province receives payment.

"It's a continuous process, there are several audits before we receive a payment," Latham said.

Deputy minister Kelliann Dean said the province has covered the claims, and is simply waiting to be reimbursed.

Dean later told reporters a wait of seven years, as in the Meat Cove floods, isn't unusual when dealing with the federal program.

"It's important for taxpayers that it's accountable," she said.

But Progressive Conservative committee member Tim Houston said the province has to

push harder for faster payment because of its fiscal situation.

"We're broke, we need the money," said Houston.

The EMO officials said the disaster relief program was accelerated for Sydney-area flooding last Thanksgiving — a week, when it usually takes about a month. Still, Dean cautioned it does take time to collect information from insurance companies and from property and environmental assessments following a disaster, and it takes time for many people to

submit their own claims. As an example, Latham said the province was receiving claims from October's Sydney flooding as late as three weeks ago. Dean said the province has received more than 1,100 applications related to the flooding and had issued 413 payments totalling \$6.6 million. The estimated damage so far is \$15 million.

She said the province had used federal financial assistance 16 times since 1999 for various floods and blizzards and for other major weather events such as Hurricane Juan in 2003. THE CANADIAN PRESS



We're broke, we need the money.

Tim Houston

ENERGY

Coal mining once more in Cape Breton

Underground coal mining has resumed in Cape Breton, more than 15 years after the fossil fuel was last cut from a rock face beneath the island.

Kameron Coal Management Ltd., a subsidiary of U.S. mining giant Cline Group, confirmed Wednesday that 64 employees and contractors have been extracting coal from the Donkin site since Monday night.

"Coal is being produced once again in Cape Breton," Cline CEO Paul Vining said in a statement, adding that the resource represents "some of the highest quality thermal and metallurgical coal in the world."

Coal mining has long been considered a way of life on the island.

The Donkin mine has two shafts about eight metres wide that extend almost four kilometres under the Atlantic Ocean, starting from a location about 30 kilometres east of Sydney.

The project has been criticized by environmental groups as potentially adding to Canada's contributions to greenhouse gas emissions, and running against the trend in other jurisdictions

31

Per cent reduction in coal used by Nova Scotia Power, a subsidiary of Halifax-based Emera Inc., since 2005. Nova Scotia Power plans to continue using less coal and use more renewable energy.

that are eliminating coal-fired plants.

The company said it is planning to gradually ramp up production as a privately owned road is built to carry the coal to the port of Sydney for export.

As well, local officials say the company is still negotiating with privately owned electric utility Nova Scotia Power, which operates three coal-fired generating stations in the province — two of them in Cape Breton.

Nova Scotia Power issued a statement Wednesday saying it will be working with Donkin's management to find a way to use the coal in their plants, but the utility said testing will take some time. THE CANADIAN PRESS



Tracy Kitch, left, and Liberal MPs Andy Filmore and Scott Brison get a tour of the family-friendly technology at new Chez NICU Home from Dr. Marsha Campbell-Yeo at the IWK Health Centre. JEFF HARPER/METRO

Parents, preemies get better connected

INNOVATION

Tech initiative helps families stay in touch with newborns



In Canada, one in eight babies are born premature.

For the parents of those babies, being a part of their initial care has always been an issue, but a new project hopes to use technology to change that.

Chez NICU Home is a new

virtual program which will allow families to stay connected with their baby, its caretaker or even a parent who is staying with the child from anywhere in the country.

"Imagine how reassuring it will be for parents to have the tools to feel confident in their ability to take a more active role in the care of their baby," said Nova Scotia Liberal MP Scott Brison at a press conference Wednesday.

The project is a joint collaboration between the IWK Health Care and Cisco Canada, and will use smart technology to keep a constant connection between the patient's room and their families' homes as well as staff and caregivers both on and off site.

The virtual program will also give parents access to individualized, detailed care steps for them to follow with the child, as well as real-time communication with caregivers, in case the parent has questions.

The project will cost \$4,883,136, and will receive \$3 million from the Canadian Government through the Atlantic Innovation Fund, which is run by the Atlantic Canada Opportunities Agency.

Cisco Canada is also providing \$455,000 contribution to the

project, and will also help commercialize the product to other hospitals nationally and globally.

"We know the more parents and family are involved in the care of their infants, the better the outcome," said Rod Murphy, vice president of Cisco Canada Atlantic.

The project will also create seven immediate jobs for research, project management and system analysis, and will also provide support for summer, masters and doctoral students with more job creation in the future.



The more parents and family are involved in the care of their infants, the better the outcome.

Rod Murphy

NEWPORT LANDING

Mansion sale imminent: Realtor

The historic Mounce Mansion in Newport Landing may soon have a new owner after the property listing went viral on Facebook in February.

Wanda Graves, realtor with Eastern Valley Real Estate, said they have a conditional buyer on the property (originally listed for \$434,900), with several other 'back-up offers' on the mansion.

"There were multiple offers

submitted," Graves said.

Many details of the pending sale are confidential before it closes, including the price offered, the nature of the offer — residential or commercial — and many other factors.

"We did back-to-back viewings. I showed it the equivalent of nine hours in one day," Graves said, adding other agents showed the home as well. "There's still showings

going on, but they're starting to slow down. We're telling people to just wait," she said. "It's gonna go to somebody, it's whether it's the person in play now or the person that has written a backup offer."

Graves said she wouldn't be surprised if the property sold by March 2.

"Suffice it to say, it is a good offer and we have other good offers that are backups,"



Mounce Mansion listing went viral on Facebook. TC MEDIA

she said.

For comparison's sake, \$434,900 in Halifax would get a 1.5 bedroom 1 bathroom detached home, near the peninsula. TC MEDIA



THE BIG LIFT

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BIG NEWS FROM THE BIG LIFT

This past weekend, The Big Lift reached its most significant milestone yet – the replacement of the final deck segment on the Macdonald Bridge. This means the bridge will no longer be closed every weekend.

The contractor will need a few more scheduled weekend closures to complete specific tasks this spring and summer, however, for the most part it's back to business as usual for weekend commuters.

Overnight closures 7:00pm – 5:30am Sunday – Thursday will continue until project completion.

We truly appreciate everyone's patience during this essential upgrade and would like to recognize all the hard working women and men who have made reaching this milestone possible.

For more information on this milestone, project progress and the latest big news from The Big Lift, visit thebiglift.ca.

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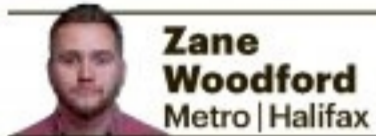


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Conference to discuss big ideas for public transit

TRANSPORTATION

Students host talk focusing on how to get people moving



Zane Woodford
Metro | Halifax

A conference in Halifax this week is hoping to bring out some big ideas about transit in the municipality.

Students at Dalhousie's school of planning are hosting a conference designed to create change in the city by talking about a big issue, and this year's conference — Shift: inTransit — is going to tackle the subject of how we move people around the sprawling municipality.

"We thought, after mulling around a couple different ideas that, based on the new plans that are coming out and the Centre Plan, that transit would be a really relevant topic to talk about," Adriane Salah, one of the students planning the conference, said in an interview.

Salah said the three days of the conference are designed to bring about ideas, design and then action.

The free conference starts with the Carmichael Lecture Thursday night at the Casino by Andres Røhl, Copenhagen,



Pedestrians board a Halifax Transit bus along Barrington Street earlier this year. An annual conference will be held this week to improving transit across the municipality. JEFF HARPER/METRO

The big goal is to actually bring some new life, new ideas to the city in terms of planning. Frank Palermo

Denmark's head of mobility.

On Friday, there's a series of events starting at 9 a.m. at the Halifax Central Library, and Dalhousie's Medjuck Building

next door, including a panel with Councillors Sam Austin, Tony Mancini, Wayne Mason, Lindell Smith, Richard Zurawski and Lisa Blackburn, along

with MP Andy Fillmore and MLA Lisa Roberts, moderated by Mayor Mike Savage.

Saturday — the day for action — will include a workshop with local advocacy group It's More Than Buses, and a panel featuring, among others, Dalhousie planning professor Frank Palermo,

DETAILS

For more information, check out dalhousieplanning.conference.com

who's been involved in the conferences for 20 years.

"The big goal is to actually bring some new life, new ideas to the city in terms of planning," he said in an interview.

Palermo said transit is a "hot topic" in the municipality right now, with the Centre Plan and Integrated Mobility Plan underway, and the Moving Forward Together plan being passed late last year.

"In a way, our discussions about transit are frozen in terms of, we've got a few buses and think about better transit as being a few more buses or slightly different lines that it can operate on," he said.

This conference, he said, is about "raising some larger questions" about what kind of city we want Halifax to be.

That kind of larger vision is what was missing from the Moving Forward Together Plan, he said.

"Slightly better isn't good enough," he said. "Halifax is competing in a global sense for people to want to set up businesses here, to want to live here, raise their kids here, be young here, grow old here, all of that sort of stuff."

CITY HALL

Council gets pay increase

Halifax regional councillors received a 3.38 per cent raise this year, with the mayor's salary staying the same.

Councillors' salaries went from \$82,652.64 to \$85,443.94 for 2016-17. The deputy mayor's salary is a councillor's plus 10 per cent, moving up to \$93,988.33. The mayor's salary remains at \$176,033.75.

The municipality posted its annual calculations and changes to councillor and mayor salaries online this week, four months later than usual. Councillors' new salaries are retroactive to Nov. 1, when the calculations are usually complete. Spokesperson Brendan Elliott said the delay is due to some difficulty getting information from one of seven other municipalities used to calculate councillors' salaries — Winnipeg, Vancouver, Hamilton, Surrey, Laval, London, and Brampton.

The complicated formula used to determine councillors' and the mayor's salary takes an average of the salaries in Halifax and those municipalities, weighted for population, and then adds 50 per cent of the difference between the highest salary in those cities and the average.

That formula put the mayor's salary below his current one, and the law governing council salaries states that in that case, the salary doesn't change.

Last year, the former council voted against a new formula recommended by an independent committee. Deputy Mayor Steve Craig successfully led a charge after October's election to take a second look at that formula, and a report is expected this year.

ZANE WOODFORD/METRO

WEATHER

Meteorologist calls for a warm spring

While it will start slow, spring will come roaring in next month for our region with warmer temperatures.

"The story is a lot of back and forth early and that's not a surprise. There'll be some cold shots in March with a return to winter periodically. It will be a bit of a roller-coaster," said Michael Carter, a meteorologist with The Weather Network.

"The really good news is April and May. We really expect warmer than normal temperatures to take hold across the Maritimes and even into Newfoundland. That means more mild days, more sunny days and overall a great forecast for the spring."

The difference from last spring is once the season arrives it will take a firm hold.

Last year, Carter said, April and May remained cool and it wasn't until June that things started to warm up.

"We expect above normal temperatures to build in earlier this year and stay and the chances of that will grow the further south you go in the region," Carter said.

"The further north, like in Cape Breton or Newfoundland, you may see that cool weather last a bit longer."

The network is forecasting near-normal precipitation throughout the spring, although Carter said there could still be some foul weather during the period. And because temperatures in the North Atlantic are still warmer than normal, those storms could pack a wallop in terms of rainfall. TC MEDIA



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Councillors' 2016-17 salaries will increase from \$82,652.64 to **\$85,443.94**.

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The deputy mayor's annual salary will increase to **\$93,988.33**.

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The mayor's salary for 2016-17 will remain at **\$176,033.75**.



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Family members from Somalia are helped by Mounties along the U.S.-Canada border near Hemmingford, Que. THE CANADIAN PRESS

New survey reveals attitude toward refugees

POLL

Immigrants more accepted than refugees

A newly released federal survey on attitudes towards immigration suggests Canadians are somewhat more enthusiastic about accepting economic migrants than they are about refugees.

While 52 per cent of those polled in the Immigration Department's annual tracking study felt the right number of immigrants were coming to Canada, 23 per cent thought it was too high.

Meanwhile, 40 per cent felt the right number of refugees was being admitted and 30 per cent thought that figure was too high.

The 2016 survey was done

long before immigration and refugee policy became a centrepiece of the U.S. presidential campaign and the eventual new administration of Donald Trump, and before the question of what values immigrants to Canada ought to hold became a centrepiece of Conservative leadership politics here.

So while the data might not reflect how attitudes have shifted since those developments, it's telling for what it was probing for in the first place, suggested Jack Jedwab, the executive vice president of the Association for Canadian Studies and co-chairman of an upcoming conference on integration and immigration.

"I think what the government is trying to get at is the issue of the extent to which people are more preoccupied by the increase in refugees that's happening in a lot of other places in the world," he said. THE CANADIAN PRESS

University evacuated

Three Concordia University buildings in downtown Montreal that were evacuated after the institution received bomb threats targeting Muslim students were re-opened Wednesday evening. CP

Arson at Islamic centre

Toronto police say a fire at an Islamic centre Tuesday night is being investigated as an act of arson.

Emergency crews were notified of a fire on the roof of The Reign of Islamic Da'wah, an Islamic information centre. No one was in the building at the time of the fire and no injuries were reported. TORSTAR



Swastikas found in Ontario university classroom

Toronto police are investigating after two chalk drawings of swastikas were found in a classroom at York University.

The university said an anti-Semitic statement was also discovered in the classroom.

The graffiti was found in the Victor Dahdaleh Building at around 8 a.m. Monday. Freya Clews, a 22-year-old student, said she noticed a commotion at the front when her education class began. TORSTAR

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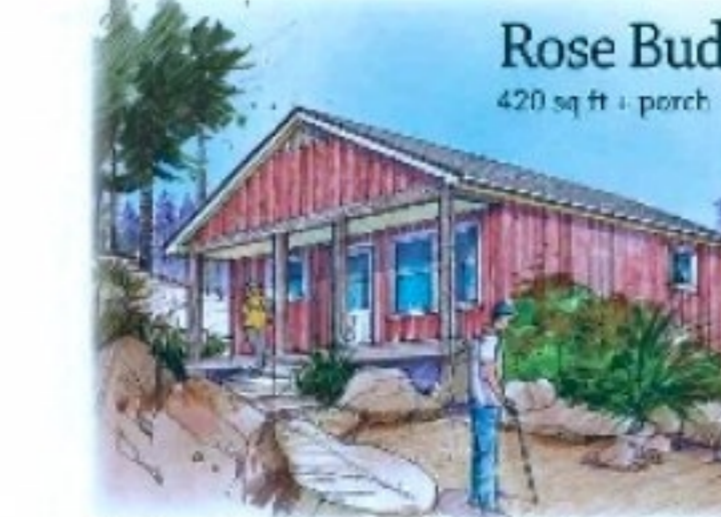
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12 Thursday, March 2, 2017

World **metro** NEWS



Protesters march in New York's Times Square in solidarity with American Muslims and against the travel ban ordered by U.S. President Donald Trump on Feb. 19, 2017. GETTY IMAGES

POLITICS

Deportations will hurt economy, experts say

If President Donald Trump's hard-line stance on illegal immigration leads to large-scale deportations, among those hurt could be the U.S. economy.

That's the view of many economists, who say the United States can't afford to suddenly lose vast numbers of the immigrants who work illegally picking fruit and vegetables, building houses, bus- ing tables, staffing meat-packing plants and cleaning hotel rooms.

Immigrants living illegally in the United States account for roughly 18 per cent of employment in agriculture, 13 per cent in construction and 10 per cent at restaurants, hotels and casinos, according to a study done last year by the National Bureau of Economic Research.

"The economic shock would cause widespread ramifications," says Ben Gitis, director of labour market policy at the American Action Forum, a conservative think-tank.

Addressing Congress on Tuesday night, Trump vowed to build "a great, great wall" to bar Mexican from entering the United States illegally. Even as he spoke, the president said, U.S. authorities were deporting the "bad ones."

The president's tough talk followed remarks he had made to CBS's "60 Minutes" after his November election: He warned that his administration might deport 2 million to 3 million of those living in the U.S. illegally.

Yet what exactly Trump wants to do about illegal immigration remains hazy because he has said different things at different times, THE ASSOCIATED PRESS

Muslim ban under revision

IMMIGRATION

U.S. officials reveal softer approach

President Donald Trump's new immigration order will remove Iraq from the list of countries whose citizens face a temporary U.S. travel ban, American officials say, citing the latest draft in circulation. Trump is expected to sign the executive order in the coming days.

Four officials told The Associated Press that the decision fol-

lowed pressure from the Pentagon and State Department, which had urged the White House to reconsider Iraq's inclusion on the list given its key role in fighting Daesh.

Citizens of six other predominantly Muslim countries — Iran, Libya, Somalia, Sudan, Syria and Yemen — will remain on the travel ban list, said the officials, who spoke on condition of anonymity because they weren't authorized to discuss the order before it is signed. Those bans are effective for 90 days.

The new order includes other changes as well. The officials said

the 12-page document no longer singles out Syrian refugees for an indefinite ban and instead includes them as part of a general, 120-day suspension of new refugee admissions.

The officials also said the order won't include any explicit exemption for religious minorities in the countries targeted by the travel ban. Critics had accused the administration of adding such language to help Christians get into the United States while excluding Muslims.

The White House did not respond to a request for comment. Trump signed his original

executive order in late January. It sparked immediate confusion, panic and outrage as some travellers were detained in U.S. airports before being sent back overseas and others were barred from boarding flights at foreign airports.

The federal government initially blocked U.S. green card holders before offering those legal residents special permission to come into the country. It finally decided the order didn't apply to them.

The State Department provisionally revoked roughly 60,000 valid visas in all, before a fed-

eral judge in Washington state blocked the government from carrying out the ban. The 9th U.S. Circuit Court of Appeals upheld that decision.

Under the revised order, officials said, all existing visas will be honoured.

The administration had been planning to roll out the new executive order Wednesday, only to delay it for unspecified reasons. It was unclear when the signing would happen.

"When we have one, we'll announce it," White House press secretary Sean Spicer said.

THE ASSOCIATED PRESS

ENVOY

Political donor favoured to be U.S. ambassador to Canada

A big-money political donor and philanthropist with personal ties to the coal industry and professional connections to the White House and the U.S. Senate is expected to be named Donald Trump's ambassador to Canada.

Expectations within government, as well as recent media speculation, point to the Trump administration submitting Kelly Knight Craft's name for the approval of the Senate.

Knight Craft would recognize some friendly faces in that chamber, starting with that of top Senate leader Mitch McConnell. The Kentucky woman has donated to and co-chaired fundraising efforts over the years for her home-state senator.



Kelly Knight Craft CONTRIBUTED

"Everything indicated to me that they get along well," said Mac Brown, chairman of the Republican party of Kentucky, of the McConnell connection.

The chamber McConnell presides over is expected to deal with major issues affecting

Canada over the coming years, including tax reform, trade disputes, and the potential renegotiation of the North American Free Trade Agreement.

She has a history in philanthropy.

Knight Craft addressed the United Nations General Assembly after George W. Bush appointed her as an alternate delegate to the UN in 2007; she spoke to the hall about that president's pledge to fight malaria and AIDS in Africa. She co-founded a charity to provide food, shelter, and clothing to Sri Lankan children left homeless or orphaned following the devastating Asian tsunami of 2004. But those efforts drew mixed political reactions.

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LEONA BURKEY ON HELMET LAWS



Legislation requiring folks to wear helmets are in place for a reason. Bike vs. automobile? The bike loses. Every time.

From our perspective at Brain Injury Nova Scotia, any headline that puts "stupid" and "helmet law" in the same sentence compels us to respond.

Despite respecting the opinion of Halifax Matters columnist Tristan Cleveland (he is certainly not alone in his views), his piece on Feb. 28 titled online as "Do away with 'stupid' Nova Scotia helmet law" made us shudder a little over here at the Brain Injury N.S. camp.

As the only organized voice for tens of thousands of Nova Scotians living with brain injury, we faced an outcry on Wednesday from brain injury survivors who have experienced a cycling accident first hand — bike vs. automobile?

The bike loses. Every time.

Brain injury is the leading killer and disabler of persons under the age of 35 in Canada. An estimated 160,000 people sustain a brain injury each year in Canada. In Nova Scotia there are an estimated 2,600 new brain injuries annually.

We can also estimate that right now, brain injury is affecting 10 per cent of our population.

A brain injury's effects can last a lifetime and the road to recovery can be a long one. Trust us, you don't want to sustain a brain injury in this province — though we have good trauma and acute care, and a great rehab centre here in Halifax, outside of the city, there are

Wearing a seatbelt used to be considered 'inconvenient.'



Rebuttal Metro columnist Tristan Cleveland, pictured, says mandatory helmet laws stifle the city's potential. In an op-ed today, Leona Burkey argues the laws are life-savers. JEFF HARPER/METRO

virtually no appropriate publicly-funded services for survivors of brain injury and their families.

Wear your helmet. Your brain is all you are, a gelatinous blob, suspended in fluid protected by a skull that is six to seven millimetres thick.

Wear your helmet.

Nova Scotia's helmet laws are some of the most progressive in Canada and though legislation requiring folks to wear helmets — on the ski hill, at the skateboard park and yes, on a bicycle — may be "inconvenient," they are in place for a reason.

Helmets are important personal protective gear. We can appreciate the references to beautiful "hair blowing in the wind" bike culture in some European cities — but these same places also have equally beautiful networks of designated bike lanes and safer

infrastructure to support cycling.

Halifax has a long way to go in that regard and we don't know any regular bicycle commuters who would dare navigate our city streets without a helmet on. Wearing a seatbelt used to be considered "inconvenient."

According to the website of Parachute, a Canadian charity dedicated to ending preventable injuries: "A properly fitted and correctly worn bike helmet can make a dramatic difference, cutting the risk of serious head injury by up to 80 per cent. This means that four out of five brain injuries could be prevented if every cyclist wore a helmet."

The City of Vancouver is currently grappling with this very same issue — how to develop a successful bike share program in communion with helmet laws.

There is always a way.

Thank you, Metro, for printing this response.

Leona Burkey is the executive director of Brain Injury Nova Scotia. The association is a registered charity dedicated to improving the lives of brain injury survivors and their families through education, support and advocacy.

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Vicky Mochama

Ishmael Daro

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Tory leadership race or avant-garde art show?



Vicky Mochama
Metro

As an art project, the Conservative leadership race has taken on an avant-garde feeling. They've excelled at abstraction: 14 candidates that are distinguishable only with an angling of the head or a squint.

Yet two have found a way to stand out as only one can in 2017: Internet videos.

In a rather intriguing film from 2011 surfaced by Press Progress, Kevin O'Leary is shaving in a bright marble bathroom while wearing a towel around his waist.

For all the Trump comparisons, O'Leary's bathroom looks more like my parents' than a gold-embossed penthouse. He is also shaving his own face, which is a humble move for a titan of industry. (Perhaps the butler was holding the camera?)

In advance of a morning appearance via Skype, O'Leary gripes that all his bosses at the CBC are women, saying, "The thing about the CBC I gotta tell you guys, is the whole place is run by women.... It's ridiculous."

To "get back at them," as O'Leary puts it, he vows to not wear pants. "I never do," he says, as the camera pans down threateningly.

Sure, it's offensive to women, but as a piece of art, it is incisive and compelling. The viewers must ask themselves: Is O'Leary reverse-complimenting women by insulting them?

Is it a performance art piece of a lone man, naked and shorn, yet somehow harmed by women? I call it Wounded Masculinity and the Art of Shaving.

Or, it may be a commentary on the obsessive pettiness that comes when working from home alone too long. Truly, I have borne witness to the human condition, and it is a video of Kevin O'Leary topless and shaving.

The second video is a critique of video as a form. In it, Kellie Leitch presents her vision that all who enter Canada — immigrant, tourist, person on a layover to Seattle — must have a face-to-face interview with an immigration officer. That is not new information from the Leitch campaign. What is fresh is the visual journey.

As Leitch waxes on Canadian values like tolerance and faces (I could not hear the rest for the beauty), she wanders in and out of the light. At times, she sits briefly then hurtles back towards the camera. When you least expect, she takes a deep breath as if to say, "Life is a series of breaths. And some of those breaths are taken by immigrants who are a threat to our borders."

Few auteurs can execute one resonant silence, let alone several of them. To do so while playing with motion, light and shadow is no less than mastery.

As the May 27 leadership election draws nearer, one can only hope for more challenging Conservative art.

Fingers crossed for a rap about the carbon tax.

METRO FOCUS ON
ACTIVISM!



An athlete at any size

Q & A

Big Fit Girl author wants more diversity in fitness culture

Melita Kuburas
Metro | Canada



Louise Green woke up on the morning she was to run her first half-marathon in 2013 feeling excited. But when she approached the sign-in desk to pick up her race kit, one of the staffers automatically reached for the 5K packet — less than a fourth of the distance she had signed up to run. This crushed her confidence.

"My body size communicated to him that I was not physically capable of running the event's longer race," writes Green in her new book, *Big Fit Girl*, out March 17.

Green, 45, who runs her own fitness business in Vancouver, is a runner, boxer and body activist. She believes that athletes come in all sizes and builds and that there needs to be more diversity in fitness culture.

What is it going to take for us to see more size diversity in fitness culture?

It's up to people to really be seen. A lot of women will still remain apprehensive or intimidated by fitness — and I believe they have a right to feel that way because it's scary when you don't see yourself represented. There's an element of the unknown. I think more brands

and the media culture supporting fitness need to broaden their spectrum of stories and imagery.

In true mainstream fitness magazines, you're not seeing women that are over a size 6. So if we could just start to see size 12; maybe size 14; a mixture? What I'm wanting is an accurate representation of women. That's really what we're asking for, and that's what I think is going to change the fitness culture to make it more approachable. When somebody can see themselves, it inspires them.

Some fitness stars say they're about body positivity, but their Instagrams are full of before and after photos. Are you worried that the body positivity movement is being co-opted?

I agree with you; often you're seeing a body-positive message but the imagery — and when you dig deep into the actual message — is still the same message of conforming to a smaller version of yourself. I don't know that that's intentional. I think that many women are so incredibly programmed, as we all have been at some point, to believe that is 'body positive' and the way to health.

I had this conversation yesterday with a friend of mine: what I actually have to endure for a month to lose, say 3 pounds, is white-knuckling deprivation. Some bodies will lose weight easily and some won't.

Is it then the job of the body activist to call out instances that we see where we feel like the message isn't healthy?

I do call out certain things that I think are absurd but I don't point fingers and name names. I just give examples.

People have good intentions but

I think my job is to just educate people on what I think and what I have experienced after working with literally over a thousand women who fall outside of the athletic norm. When you're somebody's trainer they really open up to you and I have really intimate conversations with these women.

There's definitely a common theme throughout all of them. And I've experienced it as a plus-size woman myself, so I will make a point of trying to educate from that experience.

I got the sense the food section in your book was carefully written.

I didn't want it to appear like a diet. I wanted women to explore what works for them. I'm really against people feeling hungry. I don't believe in hunger and starvation — I don't think that fits an athletic model at all. So I really wanted women to reframe their thinking.

If you're looking at really living like an athlete ... eat as much as your body needs, but it should be nutritionally dense if you're wanting to perform better the next time you go out. And I also believe in having cake and celebrating life when the time is right.

Sometimes a form of body shaming comes from doctors who use weight and BMI as a way to measure health. Do you reject these measurements?

I have chosen my doctors very carefully and that's what I'm asking people to do in the book. Because even when I was my thinnest, I was



way outside of the BMI chart. I'm a heavy person even in a thinner frame. So those numbers have haunted me for a long time. All I could think in my mind is "I'm supposed to be 130 pounds, and I can't get there." I think it does more damage than good, to be honest. I think that many people — like my husband for example he's very muscular, and he's considered obese. I think that

it's an OK guideline but I don't think it's a great method of measurement.

Is there an alternative measurement that you would support?

I see why people would want to ask that question because we don't want to see people that are immobile because of weight. But I don't think that I want to really comment on what kind of size we should expect of people, or how we should measure it, but just to get people really living their healthiest life: trying to eat nutritionally dense food and moving your body. And then I really truly think that your body will find its right size.

What does fit mean to you?

Somebody who's fit is somebody who is setting goals; is regularly active; who regularly challenges themselves. I have some people that come to my classes that don't go as far as they could. I think people really need to ask themselves: "Am I challenging myself, am I sweating, am I breathing heavily, is my heart rate up?" Getting their heart rate up every week on a regular basis is going to produce a fit person.

THIS INTERVIEW HAS BEEN EDITED AND CONDENSED FOR BREVITY

INTERVIEW

A feisty domestic duel under the covers

Sue Carter
For Metro Canada



Stephen Marche's 2,200-word essay on the persisting gender divide surrounding housework — which he refers to as "intimate drudgery" — caused a firestorm of angry responses when it first published in the New York Times Sunday Review back in 2013.

The Toronto-based novelist and columnist suggested that everyone relax: the simplest and most direct way to correct the

imbalance was to stop fretting so much over dust and unmade beds. His point did not go over well with many women, as witnessed on social media.

"You wouldn't think that housework would be the most controversial point in the current moment of 21st-century politics, but there you go," says Marche.

Several journalists wrote angry counter-responses suggesting that Marche's essay painted all women, including his wife, Toronto Life editor Sarah Fulford, as being crazy for their

fastidiousness. But now, everyone will have an opportunity to read Fulford's own personal reactions in Marche's new essay collection, *The Unmade Bed: The Messy Truth About Men and Women in the 21st Century*. The book incorporates previously published work and new essays featuring notes from Fulford — who edits her husband's early drafts — which at times either corroborate or counter his perspective or memories of certain situations.)

"I always feel like when I read books about people's marriages

that they're lying to me because that's only one point of view. There are always two points of view in every situation in a marriage," Marche says. "I thought this was a way of getting more to the intimacy, and getting a more interesting perspective of how a modern marriage really works. It actually models the process of being in a marriage, where both people get a say."

Through a series of eight essays — starting boldly with Marche trying not to mansplain "mansplaining" — the book covers wide territory, from the re-



Stephen Marche and his wife, Toronto Life editor Sarah Fulford, new book looks at modern relationships. CONTRIBUTED

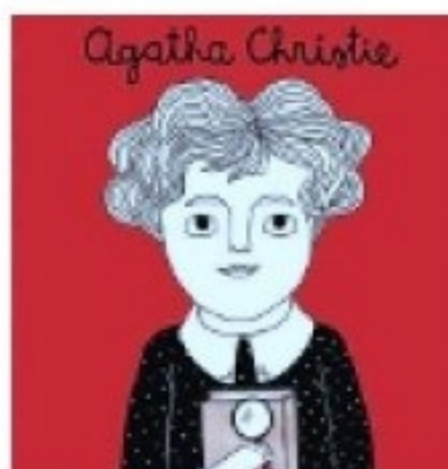
surge of online pornography to the challenges of parenting children of both genders.

While researching, Marche was surprised to discover much more hope for change than he expected. "Especially now with Trump and the resurgence of

this horrific misogyny globally, it's hard to be optimistic, but then when you look at historical trends, they go one way: men and women are getting more equal," he says. "That is going to continue. It doesn't matter who's in power."



Spanish author Isabel Sanchez Vegara is one of the writers behind the children's books series *Little People, Big Dreams*, the latest of which is available in stores March 2. CONTRIBUTED



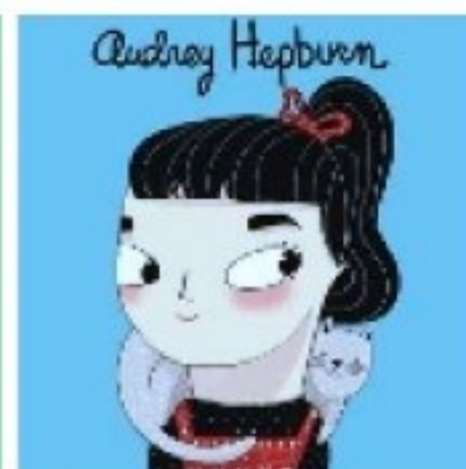
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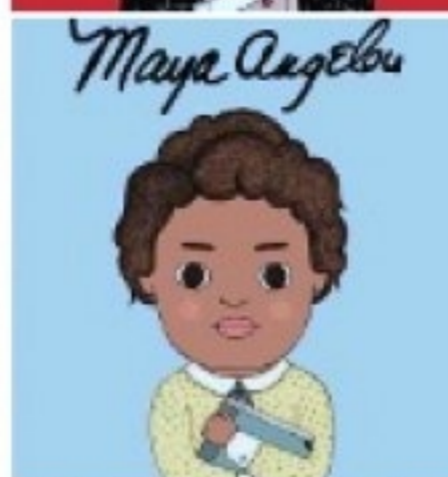
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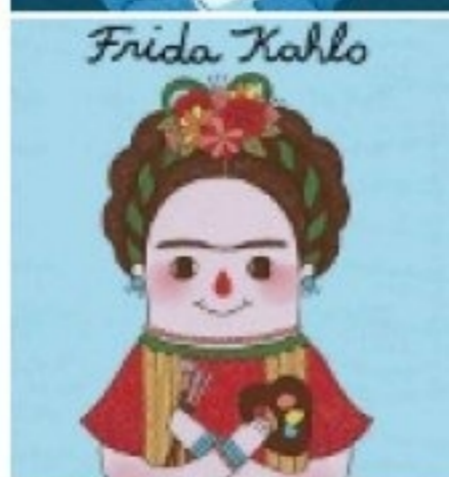
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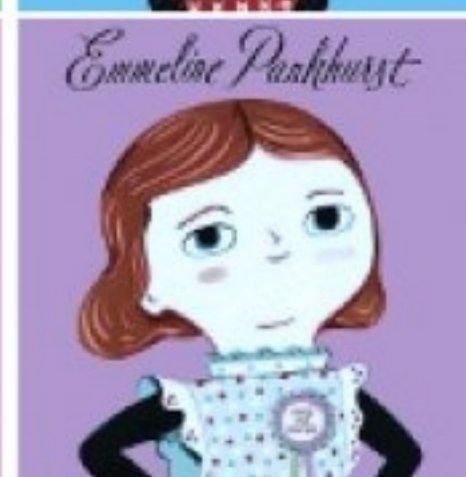
Maya Angelou



Frida Kahlo



Coco Chanel



Emmeline Pankhurst

'The world is full of little dreamers'

CHILDREN'S BOOKS

Fighting gender stereotypes by opening young eyes to heroines

By age six, girls are more likely to believe boys are smarter than members of their own gender, according to a study published in *Science* journal last month.

But at least one children's books series is trying to fight back by telling the inspiring stories of women who overcame adversity and made history by pursuing their childhood dreams.

Accompanied by vibrant, cartoon-like artwork and intended for readers ages 5 to 8, the *Little People, Big Dreams* series, authored separately by Isabel Sanchez Vegara and Lisbeth Kaiser, kicked off with Sanchez Vegara's book on iconic French fashion designer Coco Chanel and has gone on to feature Audrey Hepburn, Mexican painter Frida Kahlo, American civil rights activist Rosa Parks and American poet and activist Maya Angelou.

The latest books, available in stores March 2, will focus on

the lives of English crime novelist Agatha Christie and Polish-French scientist Marie Curie.

Barcelona-based Sanchez Vegara talked about how the birth of her twin nieces inspired the series, how she breaks down complicated life stories so children can understand them and which of her subjects she'd most like to meet.

Why did you choose to focus *Little People, Big Dreams* on women?

The idea came up when my twin nieces were born. I was looking for some books to welcome them to this world. I was surprised that there were still so many stories of ladies waiting for a prince to come and rescue them. I thought that history is full of incredible women, strong and passionate, capable of fulfilling their dreams. And those were the stories I wanted to tell my nieces about.

What do you hope children, girls and boys, will take away from the books?

Little People, Big Dreams is not meant to be a series for and about girls only, but it seemed important to start

from here. We need to break with stereotypes that stigmatize people by their gender.

The real message behind *Little People, Big Dreams* is that we can all achieve our dreams, as long as they're really ours and not imposed by others. Gender stereotypes include male stereotypes too, and you can't pretend to change one without changing the other. I think it's great all kids discover, in the series, new women roles, but it would be even better if they could discover new male roles too. In that sense, I'd love the series to grow with the stories of extraordinary men — men who break the stereotype of the "tough, loud and courageous" hero.

How do you choose which women you'll write about?

Little People, Big Dreams is a tribute to dreamers — to those who pursued a dream no matter how impossible it seemed. I don't look for women who have simply reached the top in their careers as designers, painters, aviators, writers, researchers or singers. I look for authen-

tic and unique women with a great personality, too.

Why do you find Frida Kahlo the most fascinating so far?

It's not that I just love her art, but for me, Frida Kahlo's life also has the perfect mix of

love, passion and tragedy.

Are there any plans to feature a Canadian woman?

I would love to! I'm very interested in portraying the life of Kenosauk Ashevak, one of the first Inuit printmaking artists,

although I must first keep my promise and dedicate a book to a great Spanish woman, something that I have not done yet. Luckily, the list of incredible women is endless. The world is full of little dreamers. TORSTAR NEWS SERVICE

BEST PICTURE FLUB

Oscars accountants sacked

The president of the film academy says the two accountants responsible for the best-picture flub at Sunday's Academy Awards will never return to the Oscar show.

Cheryl Boone Isaacs told The Associated Press that the Academy of Motion Picture Arts and Sciences' relationship with PwC, the accounting firm responsible for the integrity

of the awards, remains under review.

Boone Isaacs broke her silence Wednesday following the biggest blunder in the 89-year history of the Academy Awards.

PwC accountants Brian Cullinan and Martha Ruiz were responsible for the winners' envelopes at Sunday's Oscar show. Cullinan tweeted a photo of Emma Stone from backstage

minutes before handing presenters Warren Beatty and Faye Dunaway the wrong envelope for best picture. Boone Isaacs said Cullinan's distraction caused the error.

The academy has also apologized to the Australian movie producer it incorrectly showed during Sunday's Oscars in memoriam reel.

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Park contouring, highlighting is in

MAKEUP

Back on trend
and perfect for
ethereal, dewy
spring look



**Samantha
Emann**
Metro | Toronto

Contouring is still going strong in the beauty world, thanks in part to the Kardashians. But now, along with chiseled cheekbones, highlighters are lighting the way for an ethereal, dewy look for spring.

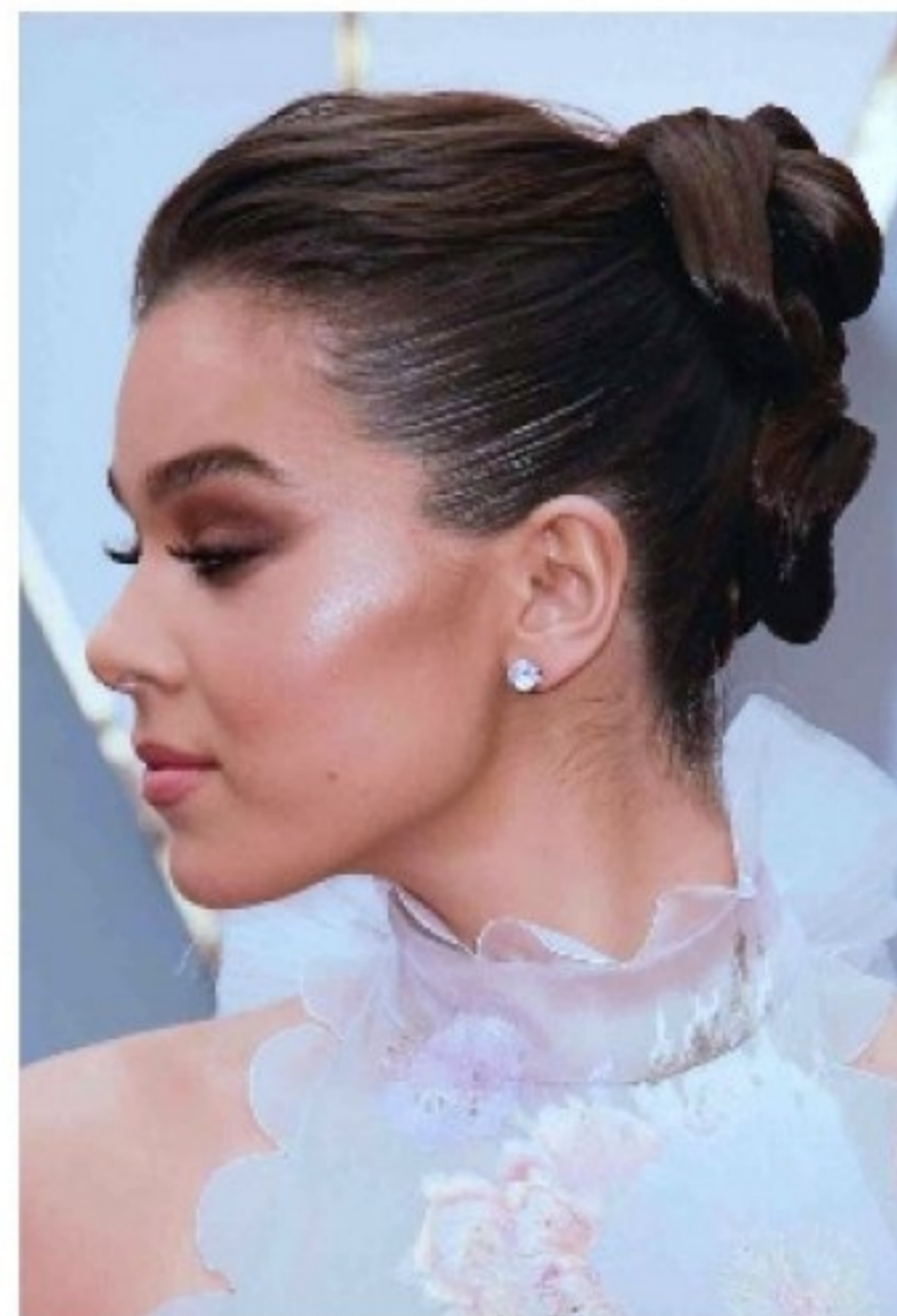
Fashion and beauty journalist Carly Ostroff, whose work can be found in Flare, Fashion and The Kit, says highlighting is nothing new for makeup professionals.

"For years we have been seeing makeup pros like Pat McGrath using the technique for editorial behind-the-scenes on set and on the runway," says Ostroff. "But now thanks to a new set of products it's really become accessible for all of us."

Highlighting is the counterpart to contouring in that it accentuates the places on your face that you want, well, highlighted. Meanwhile, contouring is meant to help you define and sculpt your features.

While some just dust a little on their cheekbones, highlight is also used to accentuate other features, such as your nose and cupid's bow and even your collarbone. And there's two ways to best approach highlighters, according to Ostroff.

"If you want a more made-up look you can go with something super glossy on your



Actress Hailee Steinfeld rocks a bright cheekbone highlight on the red carpet at the 89th Academy Awards. GETTY IMAGES

cheekbones or for something more low-key you can go for a no-highlight highlighter with a more dewy finish," she says. "You want to apply it right where the light would naturally hit your face."

A mixture of iconic fashion names, beauty YouTubers such as NikkieTutorials and other beauty personalities have

got on board, only causing the trend to pick up steam.

"For Spring 2017 we saw highlighting at shows like Brandon Maxwell, Prada, Margiela and Versace, so it's not really showing any signs of slowing down. I think the best part about it now is that it's really easy to get the look at home," Ostroff says.

Which highlighter is for you?

Here are Metro's top three picks to help get your highlighting game in gear in time for spring ... plus the expert's choice.

1 Anastasia Beverly Hills (ABH) Glow Kit (\$59)

Best known for popularizing the contour kit, Anastasia Beverly Hills now has a glow kit to help you customize the highlight to suit your needs. It's pricey but offers a lot of versatility.



2 Kat Von D Alchemist Holographic palette (\$44)

This palette shows the evolution from simple one-note highlighters to a more dimensional colour changing shimmer. If you like to experiment with colour and intensity this is the one to pick up on your next Sephora trip.

3 Revlon highlighting palette (\$14.95)

Available at places like Walmart and Shopper's Drugmart, this is an affordable option for that more subtle, dewy way to finish off a look or to use as a blush topper.



4 Carly Ostroff's pick: Nudex skin glossing pencil (\$28)

This Canadian company has a highlighter in pencil form that perfect for beginners and "can't be beat" for a simple, quick way to get your highlight fix.





Floating on water in the Pacific NW

DREAM HOME

Architects build award-winning home over pond

It seems to float on top of the water and, actually, Newberg Residence sort of does.

Just outside of Portland, Ore., the 1,440-square-foot home sits a foot above a pond — like a bridge — with each end sitting on concrete abutments.

The bedroom and kitchen are on the “bridge” ends, the living and dining rooms are in the centre, overlooking water. Steel columns support the home, cantilevering out to cover the kitchen to the west and the bedroom to the east. A covered walkway leads back to a two-bedroom, 550-square-foot guest house.

The original, 15-by-50-foot pond has been excavated and enlarged. The large roof overhangs are designed to protect the glass and wood of the home. The water from the roof drains into the pond. The pond has an overflow and the floor of Newberg Residence is a foot higher than the top of the dam that restrains the pond.

Materials used in the construction of the home include concrete, corten steel and Douglas fir. Highly insulated glass has been used for the windows. The wood and steel came from local businesses. It took 14 months to build Newberg Residence, which was completed in 2015 and last year won the housing design award from the Amer-



The living and dining room span the width of the pond. Top right: Walls of windows put the pond on display. Bottom right: A stunning view of nature from the bedroom. ALL PHOTOS TORSTAR NEWS SERVICE



ican Institute of Architects.

Architect Jim Cutler, of Cutler Anderson Architects in Bainbridge Island, Wash., answers a few questions about Newberg Residence.

What inspired you to create this house?

The property is part of a larger vineyard but it was steep, lumpy and not suited to being a vineyard. The couple had an area of land on which they wanted to build a house but it was too small. I saw a bit of light through the firs and asked if it was a logging pond that was

mostly filled in. I went through the trees to look at it and said, “This is a place to build a house.”

How have you arranged the way visitors get to the house?

One of the most ancient and time-honoured tools in the architect’s bag is contrast. I felt I could increase the power of this small body of water by contrasting it with a dense, dark arrival. Guests park 100 feet away, walk down a single-file trail through a forest with trees and shrubs, making it more compressive. As you arrive at the building, the

view of the pond is blocked but you can see the top of the roof because of the big opening on the other side of the building. Then you open the door and it’s a powerful experience. You’ve gone from this dense, dark, foliage to this big, open pond just by opening the door.

What was your intention with this house?

We thought if we created this small ecosystem it would actually invite wildlife to participate in the drama of their life.

In all our work, we’re trying to connect people physically

and emotionally to the living systems in this world.

What homeowner Carey Critchlow thinks of Newberg Residence:

It’s a great house. It’s easy to live in and complements our lifestyle, which is focused around farming, our vineyards and enjoying friends and family.

The three large glass doors allow us to open the house and really experience the connection with the pond and woods. We often cook outside the kitchen, guests flowing in and out of the open glass door. We use the liv-

ing/dining room door and small deck for reading and swimming. We have many animal visitors — a regular heron we’ve named Herman, who sits on our decks and wanders about the pond, our rainbow trout, a black bear caught sleeping under our path lights last year, deer, waxwings, wood ducks, merganser ducks, frogs, eagles and osprey.

The home’s connection to the land and nature is our highlight. Experiencing the life of the pond, watching it change with the weather and seasons, and time of day.

TORSTAR NEWS SERVICE

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*No purchase necessary. Entry period is Monday, February 6, until Friday, March 31, 2017 at 11:59 pm. Odds of winning depend on total number of people who enter. One entry per person. Rules available online at www.metronews.ca/panel.



IN BRIEF

New set of rules proposed to make golf easier to play
The Royal & Ancient Golf Club and the U.S. Golf Association released a draft of modern rules on Wednesday aimed at simplifying the game's rules without stripping traditions and fundamentals of fair play. The proposal, which now faces six months of public feedback, reduces the number of rules from 34 to 24. In many cases, penalties have been rescinded. Players no longer will be assessed a one-shot penalty if their golf ball accidentally moves, if their club touches the ground while in a hazard or even if a putt strikes a flagstick that is not being tended. THE ASSOCIATED PRESS

Durant out indefinitely with sprained MCL
Golden State Warriors star Kevin Durant will be out indefinitely — perhaps until the playoffs — after he sprained the medial collateral ligament in his left knee and bruised a bone in his leg during Tuesday night's loss at Washington. Durant leads the Warriors in scoring and rebounding with 25.3 points and 8.2 boards along with 4.8 assists. THE ASSOCIATED PRESS

NFL salary cap rises to \$167M per team
The NFL salary cap for the upcoming season will be \$167 million per team, up more than \$12 million over last year. This is the fourth consecutive year the cap has risen at least \$10 million. THE ASSOCIATED PRESS

'It's on: GSP to fight Bisping
Former welterweight champion Georges St-Pierre is starting his comeback with a bang - against UFC middleweight title-holder Michael Bisping. The two will meet for the 185-pound crown in the second half of 2017, according to the UFC. "It's on," Bisping said in a social media post featuring the fight poster. THE ASSOCIATED PRESS

Iggy headlines dull final day of deals

NHL
Veteran winger will get chance at playoff run in Los Angeles

You know it's a slow trade deadline day in the NHL when the biggest name dealt is a 39-year-old with eight goals this season. Headed for the Los Angeles Kings, Jarome Iginla was the highest profile name to move in one of the slowest (and least interesting) deadline days in recent memory. Most of the transactions involved depth players on expiring contracts, including Thomas Vanek to Florida, P.A. Parenteau to Nashville and Mark Streit to Pittsburgh. There were only 18 trades in all, and only 16 involving players who've played in the NHL this season.

"It's probably less I guess than past years, which doesn't surprise me," Calgary Flames general manager Brad Treliving

“He's an important part of our team.”
Penguins GM Jim Rutherford who opted to hold onto backup goalie Marc-Andre Fleury



Jarome Iginla was the highest-profile name to be swapped on Wednesday in a move from the Avalanche to the Kings. DOUG PENSINGER/GETTY IMAGES

said. "You look at the compression in the standings, you've got expansion, you've got financial pressures in terms of cap squeeze, it probably went the way I thought it would go." Treliving predicted that the expansion draft in particular would "make it a little bit stickier" on deadline day with clubs having to consider players to both protect and expose to the newly-minted Las Vegas Golden Knights in June. Detroit Red Wings GM Ken

Holland thought teams were also placing increasing value on their own prospects and draft picks and thus were not as likely to move such assets in exchange for a short-term solution at the deadline. Many of the picks moved Wednesday were either conditional or late round selections. Iginla fetched a conditional fourth round pick in 2018 for Colorado; Vanek netted the Wings a third in 2017; Parenteau got the Devils a sixth,

also this summer. Not one first round pick actually moved hands on deadline day itself (and only one second), though some moved in the more intriguing lead-up to the deadline — including in Washington's acquisition of Kevin Shattenkirk and Minnesota's landing of Martin Hanzal.

THE CANADIAN PRESS

Go to metronews.ca for more trade deadline news.

DEADLINE DAY DEALS

OTTAWA-CALGARY
TO SENATORS: JYRKI JOKIPAKKA, D
SECOND-ROUND PICK (2017)

TO FLAMES: CURTIS LAZAR, F
MIKE KOSTKA, D

TORONTO-PITTSBURGH
TO LEAFS: ERIC FEHR, F
STEVE OLEKSY, D
FOURTH ROUNDER (2017)

TO PENGUINS: FRANK CORRADO, D

BOSTON-WINNIPEG
TO BRUINS: DREW STAFFORD, F

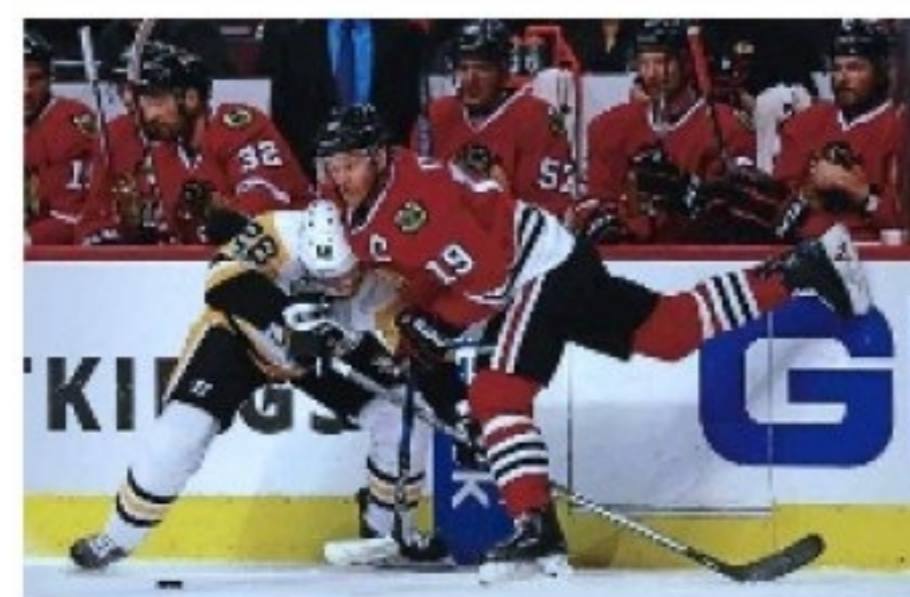
TO JETS: CONDITIONAL SIXTH ROUNDER

FLORIDA-DETROIT
TO PANTHERS: THOMAS VANEK, F

TO RED WINGS: DYLAN MCILRATH, D
COND. THIRD ROUNDER (2017)

LOS ANGELES-COLORADO
TO KINGS: JAROME IGINLA, F

TO AVALANCHE: COND. FOURTH ROUNDER (2018)



ELITE MATCHUP PENS FALL IN WINDY CITY Chicago captain Jonathan Toews muscles Penguins forward Ian Cole off the puck on Wednesday in Chicago. Patrick Kane scored three and Richard Panik added a highlight-reel marker of his own and the Hawks won 4-1. JONATHAN DANIEL/GETTY IMAGES

QMJHL Herd fall short in Saint John

Jonathan Briggs
For Metro | Halifax

Another game against the top team in the QMJHL resulted in another tough loss for the Halifax Mooseheads.

Playing the Saint John Sea Dogs for the second time in four days, the Mooseheads fell 4-2 to the team ranked third overall in the Canadian Hockey League. "We feel like we're right there with a lot of these top teams in the league," said Halifax assistant coach Jon Green-

WEDNESDAY In N.B.

4 SEA DOGS **2 MOOSEHEADS**

wood.

"We've had some really close games with teams like Saint John and Charlottetown. We feel like we're not far off, we're close. We give teams hard games and we push right to the end."

After allowing two goals in the first period, the Mooseheads

responded with a dominant second, outshooting the Sea Dogs 13-3. Halifax was rewarded with a pair of goals from rookie defenceman Jared McIsaac and captain Keigan Goetz.

"We were playing catch-up and chasing the game the rest of the way. We chased it hard, we had a really good response in the second period. In the third we had a really good push as well. It just wasn't enough," said Greenwood.

Goalie Alex Gravel made 22 saves as Halifax outshot Saint John 29-26.

MAKE IT TONIGHT

Aromatic Shrimp and Vegetable Spaghetti



PHOTO: MAVA VISNEN

Ceri Marsh & Laura Keogh
For Metro Cana

This pasta features roasted vegetables and fresh herbs.

Ready in 50 minutes

Prep time: 20 minutes
Cook time: 30 minutes
Serves 8 to 10

Ingredients

- 1 yellow zucchini, sliced in half lengthwise
- 2 portobello mushrooms, stems removed, caps scooped and halved, then cut crosswise into slices
- 1 red pepper, sliced into quarters
- 1/4 cup olive oil
- 2 Tbsp balsamic vinegar
- 4 cloves garlic, chopped and divided
- 1 Tbsp fresh chopped oregano
- 1 Tbsp fresh chopped rosemary
- 1 lb. thawed peeled deveined shrimp
- 1 Tbsp butter
- 1 box of spaghetti
- 2 large meaty tomatoes, sliced into chunks

- 1 container marinated artichoke hearts, plus a drizzle of its oil
- 1 cup feta cheese
- 1 handful fresh chopped basil

Directions

1. Preheat oven to 400. Toss zucchini, mushrooms and red pepper with 2 Tbsp olive oil, balsamic vinegar, 2 garlic cloves, oregano and rosemary to coat.
2. Place vegetables on greased pan and roast; turn once and cook 30 minutes.
3. Remove to platter and cool. Slice s into bite-size pieces.
4. In a large skillet over medium heat, add butter and two garlic cloves and cook till aromatic, about 1 minute. Add shrimp and cook until pink, about 5 minutes. Remove shrimp and juices and set aside.
5. Meanwhile, in a large saucepan of salted boiling water, cook pasta. Drain. Drizzle remaining oil into pasta. Toss vegetables with shrimp and buttery juices into pasta and serve with basil.

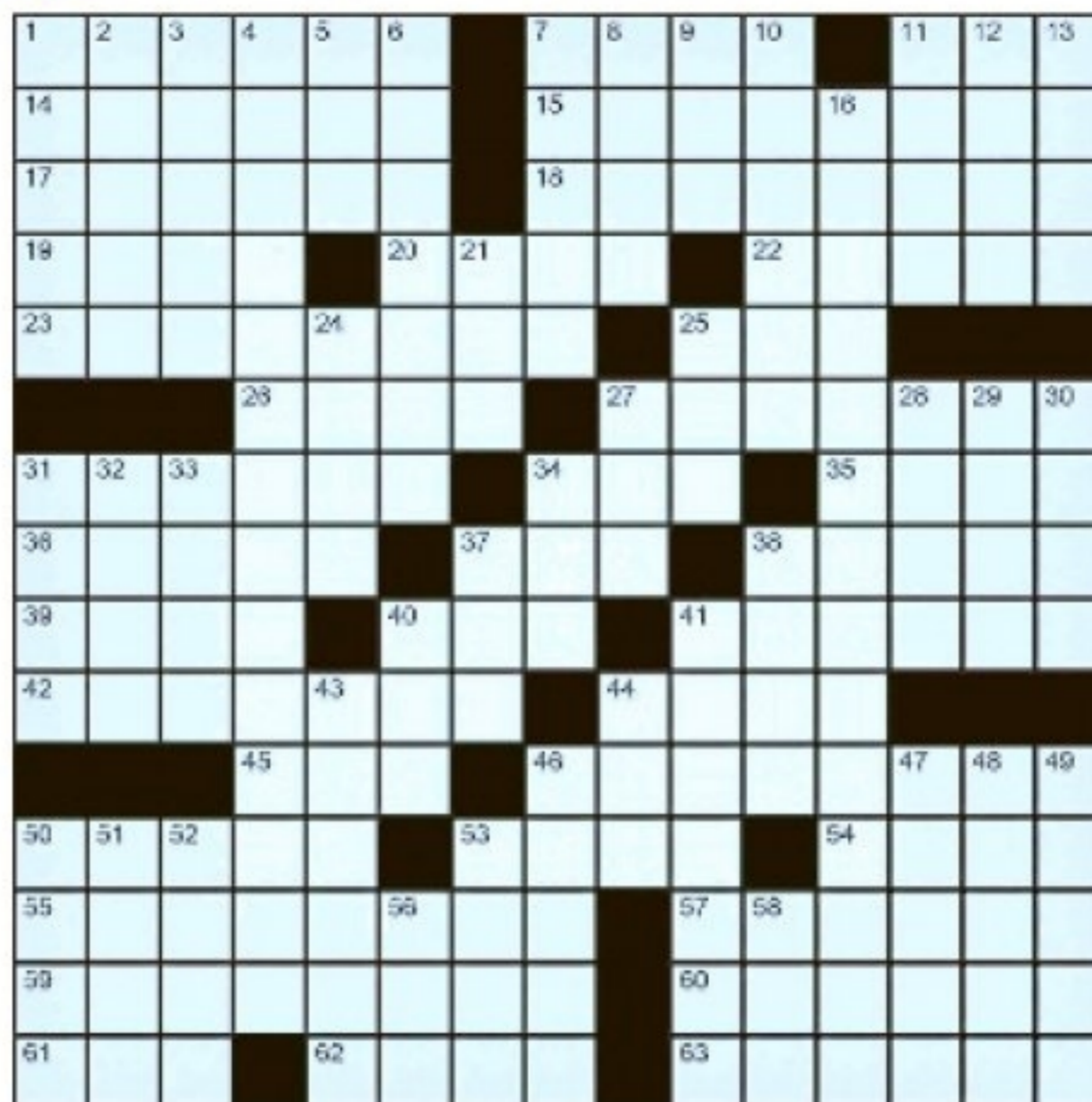
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "The Planets" composer Mr. Holst
7. Actress Ms. Sofer
11. "Wow!"
14. Bury
15. Super self-love
17. TSX units
18. Staircase railing
19. Slant
20. Stompin' Tom Connors' "Bud the _"
22. Haunting 'human'
23. Those lettering-out words
25. Giggling, texting-style
26. Moray-like
27. Stash of weapons
31. , , , , , ,
34. G'days
35. Abominable abode-er
36. Plane, in Quebec
37. Deli serving
38. Jimmy of "L.A. Law"
39. Lima's country
40. Fancy watch face number
41. Ms. Durbin (Winnipeg-born star)
42. Unity
44. Mr. Gagnon (Chicoutimi-born Olympic gold speed skater)
45. Highlander's hat
46. Takeoff/landing locale
50. 'Romeo' sports cars
53. Global, briefly
54. Off the dragon
55. War-like
57. Julia Louis-Dreyfus's character on



DOWN

1. Main meanings
2. Not 'tragically' cool
3. Sedimentary rock
4. _ _ Provincial Park, in southwestern Manitoba near Boissevain, known for the 'Western Painted' shelled creatures found there
5. Soul: French
6. Ships and tankers and dinghies
7. Puzzle type
8. "Blimey!"
9. Oui opposite
10. Martin Short comedy, "Three _" (1986)
11. Catch _ _ ('Get')
12. Geese: French
13. Actress, Melissa Joan _
16. Juno-winning roots musician who is Natalie MacMaster's cousin: 2 wds.
21. Open with a crowbar

24. Trim
25. "I Love You, Suzanne" singer ...his initials-sharers
27. _-en-Provence, France
28. No, in Munich
29. Notation atop a memo, for short
30. Ms. Kudrow
31. Organized crime chief
32. Baking cookies appliance
33. Soft muddy spot
34. _ polloi (Common people)
37. ' _ _ for Langley
38. Feudal worker
40. Belief system
41. Singer Ms. Love
43. _ Island (Statued marvel west of Chile in the South Pacific)
44. US univ.
46. Poker stakes
47. Top rate
48. Street sections
49. Tint-to-hair appliers
50. "So be it!" in church
51. Key _ pie
52. Move like a hummingbird
53. Empire of yore
56. Whichever
58. Mr. Luthor, "Superman" (1978) villain

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your relationships with partners and close friends might suddenly get a lovely boost or lift today. Someone might compliment you. You might meet someone new who is unusual.

Taurus April 21 - May 21
An unexpected job opportunity might come your way today, or perhaps work-related travel suddenly will appear. Something might even improve your health. Who knows?

Gemini May 22 - June 21
An unexpected invitation for a vacation or a social event might land in your lap today. Love at first sight will begin for some of you. Yes, it's an exciting, fun-filled day!

Cancer June 22 - July 23
Keep your eyes open for real-estate opportunities or chances to improve your existing home today. A spontaneous family gathering might take place.

Leo July 24 - Aug. 23
Unexpected news or an unusual opportunity makes you happy today. Your spirits are high and your optimism is strong. This is just how you like things to be.

Virgo Aug. 24 - Sept. 23
Business and commerce are favoured today; in fact, something unexpected might come along that really boosts your income. It might be a new job or something on the side.

Libra Sept. 24 - Oct. 23
All kinds of opportunities might pop out of the woodwork today. This means you have to keep your eyes open and be ready to act fast.

Scorpio Oct. 24 - Nov. 22
This is a feel-good day. You feel happy with yourself and content with your world. Appreciate your good fortune.

Sagittarius Nov. 23 - Dec. 21
Your popularity will get a boost today because others admire you. This is why you might suddenly be thrust into a position of leadership in a group or class.

Capricorn Dec. 22 - Jan. 20
Something will happen today that boosts your reputation in the eyes of others. If an opportunity presents itself, you will have to act quickly. Don't hesitate.

Aquarius Jan. 21 - Feb. 19
A surprise opportunity to travel might suddenly materialize today. If so, act quickly, because this window will be brief.

Pisces Feb. 20 - March 20
Keep your pockets open, because gifts, goodies and favors from others will come your way today. However, they will be unexpected. (What a nice surprise!)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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THE POWER OF ZERO

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